



The Lactose-Free Family Cookbook

Jan Main, Marsha Rosen

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A cookbook for the 50 million Americans who suffer from lactose intolerance. And what a collection of recipes -- 150 great-tasting alternatives to dishes that usually contain substantial amounts of milk, butter and cheese.

With **The Lactose-Free Family Cookbook**, you'll be able to prepare meals you thought you'd never be able to enjoy again. Imagine the taste sensations that await you with recipes like **Cream of Butternut Squash Soup, Caesar Salad with Creamy Garlic Dressing, Scalloped Potatoes, Florentine Lasagna, Creamy Leek and Tomato Pasta, Salmon Mousse, Lemon Cheesecake** -- even **Vanilla Ice Cream!**

Sound unbelievable? Believe it! With the innovative use of substitute ingredients such as purées, fruit juices and tofu, author Jan Main has created dishes so appetizing, you'll forget they're dairy-free. And without the milk and butter content, you get the added bonus of lower fat and cholesterol while still providing the essential calcium that can be lost without the dairy products.

The Lactose-Free Family Cookbook features:

- 150 popular recipes -- reinvented without milk
- Nutritional analysis for each recipe
- Tips on non-dairy sources of calcium to maintain dietary balance
- Most recipes can be prepared in 30 minutes or less

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